AMENDMENTS TO THE CLAIMS:

Please amend the claims as follows:

1. - 10. (Canceled)

11. (Currently Amended) An R-Fe-B rare earth magnet, having an oxygen concentration in a range of 50 wt. ppm to 4000 wt. ppm, a nitrogen concentration in a range of 150 wt. ppm to 1500 wt. ppm, and a hydrogen content in a range of 10 wt. ppm to 100 wt. ppm,

wherein the R-Fe-B rare earth magnet is manufactured of a material obtained by embrittling an R-Fe-B rare earth alloy by hydrogen occlusion.

12. (Original) An R-Fe-B rare earth magnet according to claim 11, wherein the average crystal grain size is in a range of 3 μm to 13 μm.

13. (Canceled)

14. (Currently Amended) An R-Fe-B rare earth magnet, having an oxygen concentration in a range of 50 wt. ppm to 4000 wt. ppm, and a hydrogen content in a range of 10 wt. ppm to 100 wt. ppm, wherein a rare earth element concentration is 32 wt. % or less of the magnet,

wherein the R-Fe-B rare earth magnet is manufactured of a material obtained by embrittling an R-Fe-B rare earth alloy by hydrogen occlusion.

15. (Original) An R-Fe-B rare earth magnet according to claim 11, wherein a rare earth element concentration is 32 wt % or less of the magnet.